

WHEELED SKATE WITH STEP-IN BINDING AND BRAKES

Abstract

The present invention teaches an apparatus and method for removably securing an article of footwear suitable for walking, running, or bicycling to a wheeled skate. Further, the present invention also teaches a brake device for use with a wheeled skate. In addition, the present invention teaches a wheeled skate that can be propelled with the use of linear or side stroke skating techniques. Moreover, the present invention teaches a quad wheeled skate having advantageous structure and function for recreational skating and aerobic exercise.